

## Full Report (All Nutrients) 01294, Yogurt, Greek, fruit, whole milk

Report Date: July 16, 2017 18:59 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water <a href="#">1</a>	g	76.81	9	0.044
Energy	kcal	106	--	--
Energy	kJ	441	--	--
Protein	g	7.33	--	--
Total lipid (fat)	g	3.00	--	--
Ash <a href="#">1</a>	g	0.56	9	0.021
Carbohydrate, by difference	g	12.29	--	--
Fiber, total dietary	g	0.0	--	--
Sugars, total	g	12.00	--	--
<b>Minerals</b>				
Calcium, Ca	mg	100	--	--
Iron, Fe	mg	0.00	--	--
Magnesium, Mg <a href="#">1</a>	mg	10	9	0.085
Phosphorus, P <a href="#">1</a>	mg	109	9	0.818
Potassium, K	mg	113	--	--
Sodium, Na	mg	37	--	--
Zinc, Zn <a href="#">1</a>	mg	0.41	9	0.007
Copper, Cu <a href="#">1</a>	mg	0.019	9	0.001
Manganese, Mn <a href="#">1</a>	mg	0.036	9	0.001
Selenium, Se <a href="#">1</a>	µg	9.6	5	0.390
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	--	--
Thiamin	mg	0.046	--	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Riboflavin <a href="#">1</a>	mg	0.235	5	0.028
Niacin <a href="#">1</a>	mg	0.205	5	0.003
Pantothenic acid <a href="#">1</a>	mg	0.394	4	0.008
Vitamin B-6 <a href="#">1</a>	mg	0.049	5	0.001
Folate, total	µg	5	--	--
Folic acid	µg	0	--	--
Folate, food	µg	5	--	--
Folate, DFE	µg	5	--	--
Choline, total	mg	14.3	--	--
Vitamin B-12 <a href="#">1</a>	µg	0.50	4	0.056
Vitamin B-12, added	µg	0.00	--	--
Vitamin A, RAE	µg	46	--	--
Retinol	µg	45	--	--
Carotene, beta <a href="#">1</a>	µg	7	2	--
Carotene, alpha <a href="#">1</a>	µg	0	2	--
Cryptoxanthin, beta <a href="#">1</a>	µg	0	2	--
Vitamin A, IU	IU	162	--	--
Lycopene <a href="#">1</a>	µg	0	2	--
Lutein + zeaxanthin <a href="#">1</a>	µg	7	2	--
Vitamin E (alpha-tocopherol)	mg	0.07	--	--
Vitamin E, added	mg	0.00	--	--
Vitamin D (D2 + D3)	µg	0.0	2	--
Vitamin D2 (ergocalciferol) <a href="#">1</a>	µg	0.0	2	--
Vitamin D3 (cholecalciferol) <a href="#">1</a>	µg	0.0	2	--
Vitamin D <a href="#">1</a>	IU	0	2	--
Vitamin K (phylloquinone)	µg	0.3	--	--
<b>Lipids</b>				
Fatty acids, total saturated	g	1.599	--	--
4:0 <a href="#">1</a>	g	0.060	2	--
6:0 <a href="#">1</a>	g	0.046	2	--
8:0 <a href="#">1</a>	g	0.031	2	--
10:0 <a href="#">1</a>	g	0.084	2	--
12:0 <a href="#">1</a>	g	0.081	2	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
14:0 <a href="#">1</a>	g	0.254	2	--
15:0 <a href="#">1</a>	g	0.027	2	--
16:0 <a href="#">1</a>	g	0.746	2	--
17:0 <a href="#">1</a>	g	0.017	2	--
18:0 <a href="#">1</a>	g	0.250	2	--
20:0 <a href="#">1</a>	g	0.003	2	--
22:0 <a href="#">1</a>	g	0.000	2	--
24:0 <a href="#">1</a>	g	0.000	2	--
Fatty acids, total monounsaturated	g	1.265	--	--
14:1 <a href="#">1</a>	g	0.025	2	--
15:1 <a href="#">1</a>	g	0.000	2	--
16:1 undifferentiated <a href="#">1</a>	g	0.042	--	--
16:1 c <a href="#">1</a>	g	0.034	2	--
16:1 t <a href="#">1</a>	g	0.008	2	--
17:1 <a href="#">1</a>	g	0.005	2	--
18:1 undifferentiated <a href="#">1</a>	g	0.573	--	--
18:1 c <a href="#">1</a>	g	0.522	2	--
18:1 t <a href="#">1</a>	g	0.052	2	--
20:1 <a href="#">1</a>	g	0.005	2	--
22:1 undifferentiated <a href="#">1</a>	g	0.000	--	--
22:1 c <a href="#">1</a>	g	0.000	2	--
22:1 t <a href="#">1</a>	g	0.000	2	--
24:1 c <a href="#">1</a>	g	0.000	2	--
Fatty acids, total polyunsaturated	g	0.219	--	--
18:2 undifferentiated <a href="#">1</a>	g	0.092	--	--
18:2 n-6 c,c <a href="#">1</a>	g	0.067	2	--
18:2 CLAs <a href="#">1</a>	g	0.011	2	--
18:2 t not further defined <a href="#">1</a>	g	0.014	2	--
18:3 undifferentiated <a href="#">1</a>	g	0.011	--	--
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.011	2	--
18:3 n-6 c,c,c <a href="#">1</a>	g	0.000	2	--
18:3i <a href="#">1</a>	g	0.000	2	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
18:4 <a href="#">1</a>	g	0.000	2	--
20:2 n-6 c,c <a href="#">1</a>	g	0.000	2	--
20:3 undifferentiated <a href="#">1</a>	g	0.003	--	--
20:3 n-6 <a href="#">1</a>	g	0.003	2	--
20:4 undifferentiated <a href="#">1</a>	g	0.004	2	--
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	2	--
22:4 <a href="#">1</a>	g	0.000	2	--
22:5 n-3 (DPA) <a href="#">1</a>	g	0.002	2	--
22:6 n-3 (DHA) <a href="#">1</a>	g	0.000	2	--
Fatty acids, total trans	g	0.000	--	--
Fatty acids, total trans-monoenoic	g	0.059	--	--
Cholesterol	mg	10	--	--
<b>Amino Acids</b>				
<b>Other</b>				
Alcohol, ethyl	g	0.0	--	--
Caffeine	mg	0	--	--
Theobromine	mg	0	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18d, 2014 Beltsville MD